



experienced swimmer should feel no greater strain than if he were walking.

LADIES DAY AT THE TANK.

Battery I have watched the noted East Side boys who are spoken of and written about as being phenomenal swimmers.

which classifies all people who have to be assisted in the water in three divisions: the absolutely exhausted swimmer, the non-swimmer who has simply lost confidence and who is oftentimes in great danger himself and is liable to make the question of rescue fraught with some danger to the rescuer.

NOT MANY GOOD SWIMMERS

Useful Art Much Neglected, Says Instructor Holroyd.

YEAR IS THE GREAT DIFFICULTY

Really Fine Swimming Afforded from Merely Keeping Afloat—On Saving People from Drowning.

NEW YORK, June 29.—At the newest swimming pool in town women are taking lessons in preparation for the coming summer campaign and in addition they are having evening swimming parties.

The fun of a swim between the after-noon hour and the post-theater supper has proved alluring, and while in a party of fourteen only half a dozen may care for the swim, the others have the pleasure of sitting on the polished wood bank in comfortable chairs and making comments on the grace, skill, agility and embonpoint of those in the water.

This is the frivolous side of the pool. The serious side of it is presented by the instructor, Charles Holroyd, who has innumerable medals for his skill and was for seven years instructor of the swimming classes at Columbia university.

As a competitor who has witnessed and participated in many contests, he declared that the swimming of the American amateurs as exhibited in ocean resorts, in lakes and rivers is far below the standard that they should maintain.

"The man you may see swimming at Manhattan beach, at Brighton or at half a hundred resorts easy to recall is spoken of as a swimmer if he can go far out from shore and return safely," Holroyd said.

"It is merely a matter of keeping afloat, while the really fine swimmer may not go far out. A man who knows the technique of the profession could see a dozen ways in which the so-called fine swimmer could be improved, his work made easier, more graceful and his energy saved.

"People who sit on the beaches and watch never talk understandingly on the subject. 'Isn't he an elegant swimmer?' they will say, and, asked why, they have only that inevitable answer that he is beyond the life lines. The really fine points, the sweep of the arm, the cutting the water without splashing, the proper leg movement, the change of position, are all unnoted; but if he goes far out, blowing and splashing, he achieves distinction."

"That is why a swimming pool in a city is a good institution. It arouses interest and gives people an opportunity to do away with preliminaries, so that when the vacation comes they can enjoy the ocean to the fullest extent.

"Down on the river front and along the

Asked in regard to the various strokes, the swimming master cast a vote in favor of the overarm side stroke.

"This I consider the most economical of any, and economy of strength is the great factor to be considered," he said. "This stroke, which is the popular favorite, can be used with equal advantage for a short or a long distance, and while the crawl is too vigorous for a woman, generally speaking, she can use the overarm side as well as a man can.

"As the names indicate, the underarm side stroke is used without raising the arms out of the water and the overarm is used above, raising the weight slightly with every motion, but keeping the body below the water as much as is possible with the stroke, for the more weight you get above the harder it is to swim.

"The course of modern instruction begins with the breast stroke, which is still used by many good swimmers, and that is, I believe the one employed by Captain Webb in crossing the English channel.

"After that swimming on the back is taught to give the pupil an understanding of how fatigue may be lessened by chang-

"This fear is oftentimes implanted by wrong training in youth. An Englishman whom I taught in a few lessons told me how, when a boy at a private school at home, he was thrown into the water while the teacher, waiting on the bank, used a pole to poke him back. So great a terror was inspired that he could not learn, and for years the sight of the water made him shudder.

"That was the old system, which was sometimes efficacious, but oftentimes it was responsible for many after effects of nervousness. Today we believe that the beginner must learn to love the water by degrees, must make its acquaintance gradually and little by little acquire the complete confidence that comes only with time.

"After considerable experimenting I have invented a scheme which is quite efficacious in this respect. I tell the pupil to take a bowl of water, and after inhaling a



ing the position. After that, in due order, came the side strokes, which comprise the under arm and the over arm already spoken of, as well as the double over arm, in which both arms are lifted alternately, the body swayed slightly from side to side and a quick and graceful movement established.

THE BELLES OF THE SWIMMING PARTY.

deep breath to thrust the face in and count slowly, keeping under water just as long as possible. This practice takes place with the eyes open. Then a coin may be dropped into the water and the lips may be used to draw it out without swallowing. It is surprising what confidence this simple device gives.

"One of the fallacies you hear is that children are more easily taught than grown-ups. This is not true. They are

Remarkable Sale of Rugs

Nearly Every Price Represents a Saving of One-half

TOMORROW we begin a sale of 4,000 Rugs at prices we would not have believed possible a month ago. The sale is possible now only because one of the greatest weavers in the east—one of the greatest in the world, in fact—decided to close out in a lump all the rugs they had on hand before starting the looms on next season's goods.



208 Wilton Velvet Rugs 1975 Size 10-6x8-3. Price

These rugs are made by one of the foremost weavers of America, but he will not permit us to mention his name because of the low price we quote. The quality of the rugs is most dependable; made of high grade material, made with extra high pile, deep and luxurious. The patterns are of great beauty, coloring most pleasing and of greatest durability.

Rugs at A Third Off

- 515 Matting Rugs, 27x54 \$.75
500 Smyrna Rugs, 60x30 \$1.60
350 Smyrna Rugs, 7x4-ft. \$3.95
450 Brussels Rugs, 27x54 \$1.15
635 Brussels Rugs, 12x9 \$17.50
475 Wilton Rugs, 12x9 \$26.75
210 Axminster Rugs, 54x27 \$2.75
165 Axminster Rugs, 12x9 \$27.50

HARTMAN'S IMPERIAL MONARCH BRUSSELS RUGS



Hartman's Imperial Monarch Brussels Rug, size 11 ft. x 9 ft. 10.95

The Hartman "Imperial Monarch" rug is made without miter seams—a point worthy of much consideration. The materials are of highest grade; made of worsted, aniline dyed. They are rugs that insure the greatest wearing quality and will never fade. They are closely woven, firm and durable. These rugs of highest character and the price is, as you'll agree, amazingly low. Above rug 11x9, at \$10.95.



420 Fine Axminster Rugs 2150 Size 10-6x8-3. Price

An Axminster rug of such excellent quality positively never sold in Omaha before at such an amazingly low price. This is a value that will surprise the most experienced rug buyers. These rugs are made for long, satisfactory service—made the best the weaver knew how, and he stands at the head of the rug weavers in America. He had an extra large assortment of patterns from which to select.

Carpets—A Big Saving

- Japanese Matting 19c
Oil Cloth 23c
Linoleum 37c
Ingrain Carpet 40c
Ingrain Carpet, all wool 55c
Brussels Carpet 65c
Velvet Carpet 85c
Axminster Carpet \$1.05



Solid Oak Pedestal Extension Table, Price 12.75

This table is made of solid oak, specially selected, large, flaky grain. Has a most beautifully grained top. Base is exceptionally heavy, with heavy feet and massive pedestal, extends to 6 feet.



Refrigerator Specials.... 7.75

It is strongly constructed, of great durability and most economical. It is lined with galvanized iron, has metal shelves, patent drip cup and other improved features.



Go-Carts Reduced

- Hartman's Special Go-Cart, full red, body... \$5.75
Large folding, reclining Go-Cart... \$9.75
Elaborate hooded sleeper Go-Cart \$21.50
Hooded English Carriage \$30.50



Iron Bed Special 2.15

Heavy new design. In full or 3/4-size. In new popular colors of enamel, baked on, heavy chills and posts.



3-Burner Gasoline Stove 3.95

Famous Reliable make, which is guaranteed for superiority, equipped with new improved burner which produces a powerful heat. Cabinet frame, Very substantial.



Solid Oak Extension Table 4.65

Like illustration—6-foot extension, heavy fluted legs, fitted with Hartman's easy running slides, is extra well constructed.



Large Rattan Rocker at..... 2.95

Wide, spacious seat and very comfortable. This rocker is the full roll design and is very handsome; made in large quantities for our 22 stores.

HARTMAN'S 1414-1416-1418 DOUGLAS ST.

Advertisement for Storz Malt Extract. Text: 'If you are well and wish to stay well, or if you are sick and wish to get well quickly, keep a supply of Storz Malt Extract in your home and take it regularly. It is a delicious tonic and liquid food. It will fill your body with rich, red blood, give you strength, increase your weight and soothe and quiet your nervous system.'

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